

WATER SKIING SPECIFIC PROGRAM INFORMATION

1. Have you ever water skied before? **(NON-DISABLED QUESTION)**

a. **If yes**-What type of equipment did you use?

b. **If no**-Would you stand up or sit down to ski?

c. **If no**-Is there any other equipment you would need?

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2. Do you have any unusual reactions to water (especially cold water)?
Example: cerebral palsy-muscles get rigid

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3. Can you turn yourself from a face down to a face up position in the water?

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4. Can you sit upright without any supports?
An example of support would be a backrest or armrest.

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5. Can you grip and hold a handle?

Comments:

Directions to the Hailstone Recreation Area at the Jordanelle Reservoir: Take the Mayflower exit off Highway 40 straight into the Hailstone Recreation Area. Pay \$9 at the tollbooth and follow the signs to the Personal Watercraft Ramp. NAC will be near the restrooms.

PARTICIPANT'S NAME